



# Living with **COPD**

**Your guide to coping with COPD**

Includes information on symptoms,  
treatment options and useful ways  
of coping and living better.

*Niagara*  
THERAPY (UK) LTD



## Introduction

Do you suffer from COPD, have been recently diagnosed or just want to know more about it? Then this helpful guide will explain what COPD is, the causes and symptoms and what you can do to help ease these symptoms.

There are approximately 1.2 million sufferers diagnosed with COPD in the UK, that's 2 people in every 100, who experience the debilitating effects of this limiting condition.

At Niagara Therapy we are passionate about raising awareness of COPD, whilst simultaneously working to continuously develop our range of solutions that provide relief, helping people have a better quality of life.

# What is COPD?

So what is COPD? COPD stands for Chronic Obstructive Pulmonary Disease. It is a condition where the airways become inflamed and the air sacs in the lungs are damaged. This causes airflow obstruction, where the airways become narrower, making it difficult to breathe in and out comfortably.

Those who are diagnosed with COPD have trouble breathing which can affect many aspects of their everyday life, for example:-

- Walking short distances
- Climbing stairs
- Sleeping properly
- Even communicating effectively

## Causes and Symptoms of COPD

**Below highlights some of the main causes and symptoms of COPD.**

### Main causes:

- The main cause of COPD is smoking. It usually affects people over the age of 40 and who are, or have been, heavy smokers and have been smoking for a number of years. Although in most cases diagnosis is not made until they are in their 50s
- People who do not smoke but have long term severe asthma can get COPD
- It can also be caused by long-term exposure to air pollution, fumes and dust from the environment or work place, such as ex coal miners and is therefore prevalent in old mining towns
- It is possible to inherit COPD genetically but this is very rare



### Symptoms can include:

- Increasing breathlessness when moving around
- Persistent cough with phlegm that never seems to go away
- Frequent chest infections, particularly in the colder months
- Wheezing
- Tight chest

### Statistics

- COPD is the most common respiratory disease in the UK
- It is thought that there are more than 3 million people living with the disease in the UK who have not been diagnosed. This is due to sufferers putting off early warning signs as 'smoker's cough'
- COPD is the cause of about 25,000 deaths every year
- The disease now affects men and woman almost equally

### Related conditions

- Chronic Bronchitis
- Emphysema
- COAD (Chronic Obstructive Airways Disease)





## 6 ways to help reduce symptoms

Once the damage has been done to your lungs, unfortunately it cannot be cured, so it is important to get diagnosed as soon as possible. Doctors can diagnose COPD by spirometry tests, measuring the size of your lungs and the amount of air flowing in and out.

### **Here's some things you can do to help ease the pain**

1. If you are a smoker then the most effective way to ease symptoms of COPD is to stop smoking. Ask your doctor for support and advice.
2. Be active and try to exercise often, your exercise routine should be slow and easy. You may also be able to attend Pulmonary Rehabilitation sessions, to get the right exercise programme for you.
3. Learn breathing techniques to help you relax, reduce shortness of breath and to prevent air getting trapped in your lungs.
4. Oxygen Therapy is a medical treatment that can help you stay more active and exercise longer and harder. It will help you think and remember better, and also help you to get a good night's sleep. Ask your doctor for more information and how this can be part of your treatment plan.
5. By having a healthy diet you can prevent infections and keep your lungs healthy.
6. Gentle vibration massage is also proven to help decrease breathlessness in cases of COPD <sup>(1)</sup>.



## How we can help you

At Niagara Therapy we have a unique three-dimensional vibration system built into various products that can be easily used at home.

Our NHC Cyclo-Therapy uses a mechanical technique called cycloidal vibration. It employs a three-way method that rotates and pulsates out from the centre in a whirlpool motion, vibrating in all directions for optimal benefits without causing harmful side effects. With an easy to use controller, you can increase the intensity of the massage to suit your needs with the various massage settings available.

The therapy can help to increase chest clearance and aid muscle relaxation which can improve breathing, prevent infections and reduce chest tension and anxiety.

The vibration of the therapy can help you rest and relax by providing relief and reducing any associated pain. Clinical studies have shown that vibration on the chest can help to decrease breathlessness<sup>(1)</sup> and clear mucus in the airways<sup>(2)</sup>.

Although we will not say that the use of our products can cure specific medical conditions, cycloidal vibration combined with the positional adjustments of our products, can help relieve common symptoms.



## Do you have trouble sleeping?

People with COPD often suffer with disturbed sleep. Studies have shown that:

**36%**

of people with COPD  
complain of trouble  
falling asleep

**42%**

have  
non-restorative  
sleep

**76%**

experience more than  
two prolonged periods of  
wakefulness per night

This may well be because of posture and an adjustable bed can be used to help with breathlessness due to respiratory problems.

Using an adjustable bed for appropriate posture positioning will help relieve the symptoms of COPD. For example, the

head of the bed elevated at 45 degrees allows the diaphragm to expand to improve respiratory function. Clinical studies show that the head elevated posture in bed improves breathing for COPD patients <sup>(3)</sup>.





## What you can expect from an appointment with us

You can choose to have a free demonstration from one of our representatives in the comfort of your own home. Firstly, they will ask you to take a couple of deep breaths, or if possible walk across the room and return to a sitting down position. You will then be asked to score your breathing on a level of 1-10, with 1 being very easy and 10 being extremely difficult.

Next the representative will introduce the equipment and test it on your back and chest, which can last around 20 minutes. This may encourage you to cough or remove some sputum. Afterwards you will be asked again to take deep breaths or walk across the room to see the difference. You should be able to breathe easier, with a deeper and cleaner feeling breath.



## Jack's story

Jack Johnstone suffers from a severe form of Cystic Fibrosis (CF), which led him to be hospitalised once a month. He battles life-threatening infections caused by a build-up of mucus on his chest. Doctors said the quality of Jack's life and life expectancy had been reduced and his lung capacity only reached a maximum of 59 per cent, leaving him breathless and at risk of lethal infections.

Jack is a keen fundraiser for the Cystic Fibrosis Trust and had been trying to raise enough money to buy a bed himself. But, after hearing of his condition through his fundraising efforts, manufacturers Niagara donated one of their NHC Cyclo-Therapy beds for free.

In just one month of sleeping in the bed, his lung capacity had already increased by eight per cent and is in better condition than ever.



The bed works by vibrating at different levels on different areas of Jack's back to loosen the sticky fluid and causes him to cough it up, in turn saving his life. Mrs Johnstone said: 'Jack has never coughed up any mucus in the whole of his life. But since he has had the bed, he's started clearing it from his chest. It's amazing, it's actually saving his life.'

Manufacturers say for respiratory problems such as Cystic Fibrosis, these gentle vibrations help to mobilise any mucus, giving CF sufferers a better chance of expelling it from the lungs and helping with chest clearance.





## NHC Cyclo-Therapy tests to commence at Breathing Space Centre

After some successful evaluations some years ago, Niagara Therapy sister company Vibrant Medical Ltd, has started work with the only dedicated centre of its type in the UK. The Breathing Space Centre is a leading edge project to pilot innovative community based approaches to supporting people with COPD. The day rehabilitation provides for over 1,000 new assessments each year.

### **The support includes:**

- Pulmonary rehabilitation (specialist exercise and education sessions)
- Occupational therapy
- Stop smoking support
- Dietary and lifestyle advice
- Welfare and benefits advice

The Breathing Space Centre also has an inpatient service of twenty beds which provides respite care and treatment for patients with a worsening case of COPD or other respiratory conditions. The beds provide a specialist respiratory nurse led service for patients with acute and severe respiratory conditions.

After experiencing previously positive results using the therapy and hearing of results from individuals, the team is excited to start using the products!

Working with the specialist physiotherapists and respiratory Occupational Therapists at the centre, the intention is that in using therapy products they will test the chest clearance and breathing changes in patients with end stage COPD and Bronchiectasis.

## References/Additional Information

**British Lung Foundation:** <https://www.blf.org.uk/support-for-you/copd>

**NHS:** <http://www.nhs.uk/conditions/Chronic-obstructive-pulmonary-disease/Pages/Introduction.aspx>

**COPD Foundation:** <http://www.copdfoundation.org/>

- (1) Chest Wall Vibration helps decrease breathlessness in Chronic Obstructive Pulmonary Disease. Medical Reference: Hideaki Nakayama et al. Internal Medicine Vol. 37, No. 10 (October 1998)
- (2) "We conclude that moderate oscillatory power applied to the chest wall can enhance mucus clearance in central airways", Medical Ref- Rubin EM, et al Effect of chest wall oscillation on mucus clearance: comparison of two vibrators. Pediatr Pulmonol. 1989;6(2):122-6.
- (3) Trouble sleeping: Medical Ref: Tomomi Ichiba, Tetsuo Miyagawa, et al. Efficacy of relaxation posture in patients with chronic obstructive pulmonary disease (COPD). European Respiratory Journal September 1, 2011 vol. 38 no. Suppl 55 p3641.

**Caution - do not use cycloidal vibration:**

- Against the chest or upper back if you have a pacemaker
- If you have an active infection and you are NOT receiving antibiotic therapy
- If you have unstable bone structures e.g. bone fragments
- Over an area of a recent joint replacement

Cycloidal vibration should not be used if you have any of the following conditions - Deep vein thrombosis, pulmonary embolism, acute thrombophlebitis, Osteomyelitis, severe Osteoporosis, active cancer, pregnancy, uncontrolled epilepsy.

All content is provided as a general overview on the ailments described and should not be used instead of seeking medical advice from your GP or other health care professionals. Niagara Healthcare Ltd and group of companies is not responsible or liable for any diagnosis made from the content written in this document. You should always consult your GP first with any health concerns.

**Customer Service:** Niagara Therapy Ltd, 1st Floor, The Pinnacle,  
Central Court, Station Way, Crawley, RH10 1JH  
Tel : 0800 689 6887



Find out how our range of therapy products can improve your life, simply **FREEPHONE** us today or complete the coupon below and **FREEPOST** it to us.

*Niagara*  
**THERAPY (UK) LTD**

☐ Please contact me to arrange  
a free home demonstration

☐ Please send me my free  
Niagara Therapy brochure pack

Name: Mr/Mrs/Ms/Miss \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone No: \_\_\_\_\_

Email: \_\_\_\_\_

By supplying an e-mail address I agree to you contacting me by e-mail with information about other products and services.

**FREEPHONE 0800 072 1183**

Quoting:  
0816COBG





## Don't forget **World COPD Day** on **16th November 2016.**

This is an annual event organised by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) to improve awareness and care of chronic obstructive pulmonary disease (COPD) around the world.

**For more information please visit <http://goldcopd.org/world-copd-day/>**

V01220816000779

FREEPOST  
RTLJ-XAEG-KJHX



Niagara Therapy (UK) Ltd  
The Pinnacle  
First Floor  
Central Court  
Station Way  
Crawley  
RH10 1JH